



Memorize Philippians 2:14-15

Think about it:

- List Ways you kill joy in yourself***

- List Ways you kill joy in others***

- List Ways to fill your heart with joy***

- List Ways to fill others' heart with joy***

To Do This Week:

Happiness comes from things happening around you. JOY comes from Jesus and choosing to allow it grow in your heart

- Trust God for the Future – Make an “Only God” Prayer list
- Balance your life – Pay attention to the things that steal your time
- Accept yourself – don’t be a perfectionist. Don’t look down on yourself. Give yourself daily affirmations
- Fight for joy – give yourself permission to enjoy good times, even in the midst of the most difficult times. Dwell on great memories, laugh, do something fun
- Find the best in others – Look for it! It’s there
- Empathize with others – don’t assume you know because in all honesty you don’t.